



Centralina Area Agency on Aging Annual Aging Conference



REGISTER NOW



Friendship Missionary
Baptist Church
3400 Beatties Ford Road

9.28.2017

8:00 am—4:00 pm

AGING BETTER TOGETHER

The Centralina Area Agency on Aging (**CAAA**) strives to support and enhance the capacity of service and advocacy systems to promote independence, preserve dignity and advocate for the rights of older and disabled adults and their families.

Centralina AAA serves nine counties:

Anson

Cabarrus

Gaston

Iredell

Lincoln

Mecklenburg

Rowan

Stanly

Union

This year, our theme of **"Aging Better Together"** will focus on how to prepare older adults to live independently and powerfully as they age. Our featured speaker, the breakout sessions and our exhibitors bring valuable information for you to share with your clients. Our goal is to embrace and find the value older adults bring to our local communities.

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Gold Sponsors

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COMPLETECARE
— MANAGEMENT —

TYE Medical

Keynote Speaker : Gregg Levoy

Vital Signs: The Nurture of Passion As We Age

What inspires passion in your life, work, relationships?

What defeats it?

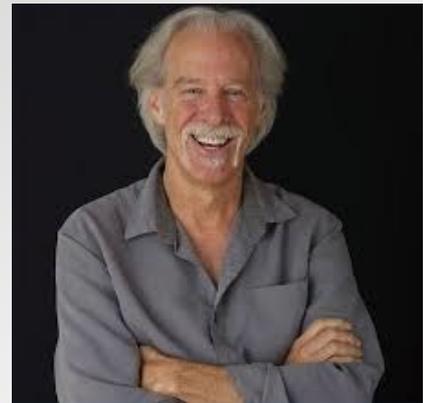
How do you lose it and how do you get it back?

An affirmative approach to aging takes into account that new parts of us are always clamoring for airtime, the soul and spirit don't "retire" even if our careers do, and there's a difference between getting older and *growing* older.

These parts of us—all of us, providers and clients alike—could be passions and creative leaps, service projects and leadership roles in the community, a new line of work or an exploration of some *non-work* modes of expression, or simply rediscovering the sense of wonder and love of learning. They ask us to continually reinvent ourselves and stay close to our deepest sense of passion and purpose.

In this interactive presentation, we'll explore the nature and nurture of passion as we age, what inspires it, what defeats it, how we lose it and how we get it back—and how we can inspire it in ourselves, those we work with, and those on whose behalf we work.

We'll also explore the call to serve (as providers, leaders and stewards). People fueled by a sense of calling—a deep feeling of fit and purpose, a match between who they are and what they do—will bring that passion to their jobs and careers, their companies and communities, their lives and the lives of others. Passionate people are called, not just driven. They work from passion, not just ambition. And that passion is critical to leadership.



GREGG LEVOY—Author of “*Vital Signs: The nature and nurture of Passion*”, formerly a columnist for the Cincinnati Inquirer

CONFERENCE FEATURES

Conference fee includes free parking, morning refreshments, hot lunch and access to the exhibit hall with over 40 vendors! Join us for the best networking and educational opportunity in the state offered at a low cost of \$70.00 if you register before to Sept. 1st.

*This activity has been submitted to the North Carolina Nurses Association for approval to award **4.5 contact hours**. The North Carolina Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation*

Auxiliary aids and services are available upon request to individuals with disabilities.

NEED A PLACE TO STAY?

Traveling? See Hotel suggestions below:

Hampton Inn Charlotte—Uptown
530 Dr. Martin Luther King Blvd.
1-855-605-0317

Hyatt Place Charlotte Downtown
222 South Caldwell Street
1-888-882-1234

Double Tree by Hilton Hotel Charlotte
895 W. Trade Street
704-347-0070

Agenda

- 8:00 a.m. Registration and Coffee in the Exhibit Hall
 9:00 a.m. **Opening & Plenary Speaker: Gregg Levoy**
 10:00 a.m. Break
 10:30 a.m. **GREGG LEVOY CONTINUED**
 12:00 p.m. Lunch and Exhibits
 1:00p.m. **Workshop Session One**
 2:15 p.m. Break & Exhibits
 2:45 p.m. **Workshop Session Two**
 4:00 p.m. Closing—Receive certificates



| SESSION CODE | A1 | B1 | C1 | D1 | E1 | F1 | G1 |
|--|--|---|--|--|---|--|--|
| SESSION 1 1:00 pm-2:15 pm Presenter | Understanding & Responding to Dementia-Related Behaviors <i>Courtenay O'Donoghue, Ph.D.</i> | Exploration of Successful Aging in Older Adults with Chronic Health Conditions <i>Meredith Troutman-Jordan, Ph.D. & Stephanie Woods, Ph.D., RN</i> | Long Distance Caregiving to Aging Parents <i>Maryam Kazempour, MHA, MA</i> | Med Instead of Meds for Better Health <i>Zandra Alford, MPH</i> | Laugh for the Health of It <i>Cindy Miles</i> | Social Security, Medicare 2018 & Preventing Medicare Fraud & Abuse – We're All in this Together <i>Jeanie Schepisi, Stephanie Bias & Lisa Wallace</i> | Expanding Your Audience: Making an Impact within Disabilities & Minority Health Population <i>Jeanne Dairaghi, MS & Jennifer Teague, MA</i> |
| SESSION CODE | A2 | B2 | C2 | D2 | E2 | F2 | G2 |
| SESSION 2 2:45 pm-4:00pm Presenter | How to Communicate Compassion with Dignity <i>Carol Ann Lawler, M.Div.</i> | Arthritis: An Emotional and Physical Rollercoaster <i>Cindy Berrier, RN, BSN & Ann Newman, Ph.D., RN</i> | Hypnosis for Managing Caregiver Stress <i>Melissa Stefanski, Certified Hypnotherapist</i> | Understanding Adult Protective Services <i>Leo Bohland & Jackie Hayward</i> | The Road to Equality Has Never Been STRAIGHT: Serving LGBT Elders <i>Elisa Gregorich, BSW & Angel Stoy, ACSM</i> | Are You Connected? Using Technology in a Fast-Paced World <i>Nicole Levine, MSW, LCSW, CSWG & Sheryl Gerrard, MA</i> | Hearing Loss and Healthy Aging <i>Melissa Karp, Au.D.</i> |

Session One 1:00—2:15

A1) Understanding and Responding to Dementia-Related Behaviors

Courtenay O'Donoghue, Ph.D., Director of Program Services, Alzheimer's Association – Western Chapter

During the middle stage of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. These behaviors are a form of communication, and are essential to understanding the needs of the person with dementia. To help caregivers decipher behaviors and determine how best to respond, the Alzheimer's Association offers the Understanding and Responding to Dementia-Related Behavior program. Through practical information, resources, and interviews with experts, this program will help caregivers address the challenges of dementia-related behavior.

B1) Exploration of Successful Aging in Older Adults with Chronic Health Conditions

Meredith Troutman-Jordan, Ph.D., Psychiatric Mental Health Clinical Nurse Specialist, Associate Professor of Nursing, UNC Charlotte & Stephanie Woods, Ph.D., RN, Belk Chair, School of Nursing, UNC Charlotte

Aging presents change in the form of opportunities as well as challenges, from common physical alterations to major life events such as retirement or loss of a spouse. One's perception of such events is a major influence on gerotranscendence, a positive kind of aging involving redefinition of the self and relationships to others. We will present a study that begins, June 2017, to explore the meaning of life with older adults living with chronic conditions and examine the relationships between life events, successful aging and gerotranscendence in older adults.

C1) Long Distance Caregiving to Aging Parents

Maryam Kazempour, MHA, MA

Long Distance Caregiving (LDC) is the hidden informal style of caregiving. As the number of Americans 65 and older increases, the demand for caregivers also increases. Additionally, among "geographically" extended families, who live anywhere for an hour to miles away, LDC is turning to be a new norm of caregiving. Learn strategies and action plans to find success and meaning in LDC.

D1) Med instead of Meds for Better Health

Zandra Alford, MPH, Extension Associate, NC State University Cooperative Extension

The traditional lifestyle of the Mediterranean region has emerged in the scientific literature as one that protects against obesity, heart disease, stroke, cognitive decline, and eye health. That alone makes this eating and activity pattern one that should be considered for overall health. The fact that it is also

delicious makes it not only a plan for good health but one people will adopt for good taste as well. This session will provide an overview of the Mediterranean diet and share the new web resource *Med Instead of Meds* that will help you "Go Med."

E1) Laugh for the Health of It

Cindy Miles, Certified Master Trainer of Laughter Yoga International, Family Caregiver Resource Coordinator, Southwestern Commission Area Agency on Aging

Laughter Yoga is a global movement, with tens of thousands of laughter clubs in more than 80 nations. Clinical research has concluded therapeutic laughter decreases blood pressure and heart rate, decreases stress, strengthens the immune system and fights depression. This experiential workshop will expose participants to the background of Laughter Yoga, notable publications of scientific studies and will engage attendees in a full Laughter Yoga session.

F1) Social Security, Medicare 2018 and Preventing Medicare Fraud and Abuse – We're All in this Together

Jeanie Schepisi, Piedmont Regional Manager, Seniors' Health Insurance Information Program (SHIIP) – NC Department of Insurance, Stephanie Bias & Lisa Wallace, Public Affairs Specialist, Social Security Administration

Medicare is a federally-funded health insurance program for aged and disabled persons. Attendees will learn about Medicare eligibility and how Social Security plays a role in Medicare. Attendees will also learn about two state agencies, which are federally funded, to assist persons with Medicare questions and deal with Medicare fraud and abuse detection and reporting. Medicare 2018 updates will also be shared with attendees.

G1) Expanding Your Audience: Making an Impact within Disabilities and Minority Health Populations

Jeanne Dairaghi, MS, Project Manager, NC Center for Health and Wellness at UNC Asheville & Jennifer Teague, MA, Aging Program Specialist, Division of Aging and Adult Services

Adults with disabilities are three times more likely to have heart disease, stroke, diabetes, or cancer. Hypertension, a major risk factor of cardiovascular and chronic kidney disease, is more prevalent and/or not as well controlled in African Americans and Latino adults. This presentation will share how the Living Healthy with Chronic Disease Self-Management programs and fall prevention programs, such as A Matter of Balance, can positively impact health within these populations, along with simple techniques and information to promote and facilitate these programs.

Session Two 2:30—3:45

A2) How to Communicate Compassion with Dignity

Carol Ann Lawler, M.Div., Hospice and Palliative Care Charlotte Region

This timely workshop is geared for the healthcare professional who has direct contact with older adults, specifically in assisted living and skilled facilities. The participant will learn what a “dignity conserving repertoire” is and what inhibits dignity – specifically, what is elderspeak and how to avoid it. The participant will learn to utilize dignity related questions and therapeutic interventions. The tone of care and nonverbal communication will also be addressed. The goal of this presentation is to enable the participant to gain more awareness on how they communicate with older adults and to sharpen their skills with these interventions & strategies.

B2) Arthritis: An Emotional and Physical Rollercoaster

Cindy Berrier, RN, BSN, Aging Program Coordinator, Arthritis Services and Centralina Area Agency on Aging
Ann M. Newman, RN, Ph.D., Professor Emeritus UNCC

It is estimated one quarter of the US population will suffer from arthritis by 2020. Programs emphasizing arthritis self-management must gain strength in order to keep our older population healthy and free from institutionalization. Among musculoskeletal conditions, arthritis and other rheumatic conditions, such as osteoporosis and chronic back pain have the greatest impact on public health and quality of life. The good news is that both the physical and emotional aspects of arthritis can be addressed in a good physician-patient relationship. Evidence-based self-help skills can be learned that will address both the physical and emotional aspects.

C2) Hypnosis for Managing Caregiver Stress

Melissa Stefanski, Certified Hypnotherapist, Know-Stress-Zone.com

Many misconceptions exist regarding hypnosis. Hypnosis is recognized by the American Psychological Association and the American Medical Association as a valid, complementary tool for managing issues such as stress and anxiety. Research indicates that optimal learning and remembering occur when we are in a relaxed state. We experience mild forms of hypnosis in our everyday lives. This class will help participants relax and reinforce positive stress relief messages. Participants will also be taught relaxation techniques they can use on their own.

D2) Understanding Adult Protective Services

Leo Bohland, Manager, Adult Social Work Services, Mecklenburg County DSS
Jackie Hayward, Social Work Supervisor Just1Call, Mecklenburg County DSS

Adult Protective Services (APS) investigates possible abuse or neglect of elders and adults with a disability and dependent adults. The abuse may be physical, emotional, financial, neglect by others, or self-neglect. In this interactive presentation, participants will gain an understanding of what information is needed when making an APS referral, understand the definitions distinguishing between types of abuse and receive a basic understanding of capacity and guardianship.

E2) The Road to Equality Has Never Been STRAIGHT: Serving Lesbian, Gay, Bisexual and Transgender (LGBT) Elders

Angel Stoy, ACSM, Aging Specialist, Centralina Area Agency on Aging & Elisa Gregorich, BSW, Aging Specialist, Centralina Area Agency on Aging

LGBT Cultural Competence Training is an educational experience that promotes understanding and awareness of LGBT elders and their families. Personal stories and experiences are used throughout this interactive training to inform and educate staff and constituents to create respect and dignity for clients regardless of sexual orientation, gender identity and other differences.

F2) Are You Connected? Using Technology in a Fast-Paced World

Nicole Levine, MSW, LCSW, CSW-G, Program Manager, Jewish Family Services & Sheryl Gerrard, MA, Senior Outreach Specialist, Jewish Family Services

Technology has grown tremendously, evolving into a day to day communication tool, research aid and form of community. People have used technology to stay connected to loved ones as well as to learn more about themselves. This can result in positive and negative outcomes, including isolation. Through this presentation we will discuss this evolution, as well as giving practical ways to use technology properly and safely. This program will benefit staff members as well as caregivers in learning how seniors utilize technology as they age. We will discuss how to engage each other instead of isolating ourselves. There will also be discussion on social media and adaptation tools to use within our different roles.

G2) Hearing Loss and Healthy Aging

Melissa Karp, Au.D., Audiology and Hearing Services of Charlotte

This session will address the impact of untreated hearing loss on cognition, physical function and quality of life measures. Participants will learn what treatment options and communication strategies can be implemented for improved daily function and better health outcomes.

IMPORTANT INFORMATION

EVALUATION

We consider your opinion valuable and will utilize it to improve our conference platform every year.

The evaluation will be completed online using survey monkey.

Please take a moment to complete the evaluation no later than **October 20th 2017**.

This evaluation is required in order to receive credits and print your certificate.

Nurses will be asked to sign off at the conference and receive their certificates the day of the conference.

Credits are brought to you by our partnership with:



CONTINUING EDUCATION CREDITS

This educational activity is offering credits for **Adult Care Home Staff , Nursing Home Administrators and Activity professionals.**

This activity has been submitted to the **North Carolina Nurses Association** for approval to award **4.5 contact hours**. The North Carolina Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation

As noted above, for specific credit hours please fill out the evaluation form using the link to the survey portal. You will be provided instructions on how to print your certificate.

ACCESS TO PRESENTATION SLIDES

You may access any slides by going to www.centralinaaging.org and click on the links for the presentations beginning on October 6th.



Registration Form

Register online at www.centralinaaging.org



Or complete this form and select the sessions you plan to attend. (One form per person)

Name _____

Agency/Facility _____

Address _____

Phone _____ E-Mail _____

Choose Your Sessions for the Conference

(workshops on pages 5-6)

| SESSION ONE | A1 | B1 | C1 | D1 | E1 | F1 | G1 |
|-------------------------------------|----|----|----|----|----|----|----|
| Check (v) a box to choose a session | | | | | | | |
| SESSION TWO | A2 | B2 | C2 | D2 | E2 | F2 | G2 |
| Check (v) a box to choose a session | | | | | | | |

| REGISTRATION | REGISTRATION FEE | TOTAL |
|--|------------------|-------|
| EVENT FEE—Early Bird <i>September 1, 2017 before 12pm</i> | \$70.00 | |
| EVENT FEE <i>September 1, 2017, after 12pm</i> | \$90.00 | |
| TOTAL FEES = | | |

Make checks payable to:

Centralina Area Agency on Aging

REMEMBER:

- NO REFUNDS OR CANCELLATIONS!
- No on-site registrations.
- Personnel substitutions accepted.
- "No shows" are still responsible for payment.
- Participants will not be registered without payment.
- Confirmations will be sent by e-mail.
- Credit card payments accepted for ONLINE registration
- Event is for PAID participants only and not open to the public.



RETURN FORM WITH PAYMENT BY

September 22, 2017 TO:

2017 Aging Conference/Centralina AAA
9815 David Taylor
Suite 100
Charlotte, NC 28262

OR

REGISTER ONLINE AT
www.centralinaaging.org

FOR INFORMATION CALL 1-800-508-5777